

## BI-DIRECTIONAL ARM AND STORAGE SYSTEM

### ABSTRACT OF THE DISCLOSURE

An extendable arm for placing and moving items includes a base and an arm unit movably mounted to the base. The arm unit is configured for linear movement in a first direction relative to the arm unit for extending beyond the base in the first direction and  
5 for linear movement in a second direction relative to the arm unit which is opposite to the first direction for extending beyond the base in the second direction.